

## Integrated Health Promotion – Promoting Physical Activity and Active Communities

Objective	Intervention Type and Strategies	Organisation	Partners	09/10	10/11	11/12
To provide information and increase knowledge in the broader community about the benefits of physical activity and good nutrition	C.1 To increase the knowledge of the benefits of physical activity for the Eaglehawk community by conducting a population based event during the Dahlia and Arts Festival annually	BCHS	Dahlia and Arts Committee Eaglehawk Schools Pre-Schools Playgroups	✓	✓	✓
	C.2 To provide information to parents, families and service providers to increase knowledge relating to healthy feet by conducting settings based information sessions	BCHS	Pre-schools Schools BH CoGB Local Business	✓	✓	
	C.3 Conduct a population based event for older adults	BCHS	Probus Senior Citizens CoGB Media	✓	✓	✓
	C.4 To facilitate the “Healthy Habits for Children” and food services networks to promote healthy eating and physical activity information and resources for schools and early children’s services in Bendigo and surrounding areas to assist their ability to promote healthy eating and physical activity to children and families	BH	Children Services Playgroups Schools		✓	
	C.5 To provide training and support to children’s services or groups to support the ability of staff or volunteers to promote healthy eating and physical activity to children and families	BH	Long Gully OSHC Playgroup		✓	

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	C.6 To partner with local community men's services and groups (eg Men's Sheds) to educate participants and support their knowledge and skills to eat healthy and have healthy physical activity habits with at least 50% of participants showing good knowledge	BH	Men's Sheds Men's Groups		✓	
	C.7 To partner with local community services and groups to promote healthy eating and physical activity information to support local participating community member's knowledge and or skills about how to eat health and have healthy physical activity habits (Men's Health Week, Nutrition Week, Veteran Affairs Week, Aboriginal events, VIBE Alive promotional event)	BH	BCHS Dietitians DVA BDAC		✓	
	C.8 To partner with local neighbourhood renewal community services to educate their community group participants and support their knowledge and skills to eat healthy and have healthy physical activity habits with at least 50% of participants showing good knowledge (eg FIND)	BH	CoGB BCHS St Luke's		✓	
	C.9 To partner with local Loddon Campaspe Multicultural Services to educate their community participants and support their knowledge and skills to eat healthy and have healthy physical activity habits with at least 50% of participants showing good knowledge (LCMS men, women and youth)	BH	LMCS		✓	
	C.10 To identify and address one health promotion gap within an education setting by June 2012	BH	Schools			✓

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	C.11 Implement innovative training for staff working in Planned Activity Groups with a focus on Health Promotion	CoGB LSC	BCHS BDH IDHS HH BRIT	✓	✓	
	C.12 Provide support and encouragement to older adults to increase the proportion who participate in walking, strength training, dancing and other physical activity programs currently available	IDHS	Inglewood Community Resource Centre Heart Foundation VicFit Dance Your Way To Health Bridgewater Group	✓	✓	✓
	C.13 Develop a marketing strategy to increase community awareness of available local physical activity programs delivered and supported by IDHS	IDHS	Inglewood Community Resource Centre Heart Foundation VicFit Dance Your Way To Health Bridgewater Group	✓	✓	✓
	C.14 Provide advice and information on diabetes at Rural Women's on Farm Gathering	IDHS	Diabetes Australia Rural Women's On Farm Gathering	✓	✓	
	C.15 Promote the usage of the PCP strength training posters to those aged 55 years and over across the Heathcote community	HH	PAC	✓		

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	C.16 Conduct health education and information sessions in a range of settings to encourage the uptake of physical activity in the North Loddon area	NDCHS	Schools Sports Clubs Men's Sheds	✓	✓	✓
To provide opportunities to specific groups to access and participate in physical activity and healthy eating programs	C.17 To collaboratively work with at least one local Bendigo school to improve their healthy eating and physical activity health promotion strategies	BH	School School Community	✓		
	C.18 To conduct empowering group and/or individual information sessions for the "NETschool MOVE Project" students to support their knowledge and/or skills with at least 50% showing good knowledge of how to eat healthy and have healthy physical activity habits	BH	NETschool	✓		
	C.19 Conduct older adults strength training programs to increase balance, flexibility and strength	BCHS		✓	✓	✓
	C.20 Conduct a walking lifestyle program for community members to increase physical activity participation and knowledge of health related issues	BCHS	CoGB Elmore Primary Health Services LCMS	✓	✓	✓
	C.21 Conduct regular Tai Chi classes to enhance flexibility, balance and strength	BCHS	Senior Citizens Probus COTA	✓	✓	✓

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	C.22 Support and maintain the existing walking groups in Korong Vale, Inglewood and Tarnagulla by walking with each group four times a year	IDHS	Inglewood Community Resource Centre Heart Foundation VicFit Dance Your Way To Health Bridgewater Group	✓	✓	✓
	C.23 Deliver the 10 week GAP program in Tarnagulla and Korong Vale during 2010. A further 2 programs to be delivered in Bridgewater and Inglewood during 2011	IDHS	Dance Your Way To Health Bridgewater Group Inglewood Community Resource Centre Heart Foundation VicFit	✓	✓	
	C.24 Provide ongoing support and assistance to the Dance Your Way To Health (DYWTH) Bridgewater Group	IDHS	Inglewood Community Resource Centre Heart Foundation VicFit Dance Your Way To Health Bridgewater Group	✓	✓	
	C.25 Provide access for DYWTH participants to the "Affect Balance Scale" assessment in 2010 and make referrals to IDHS physiotherapist if required	IDHS	Inglewood Community Resource Centre Heart Foundation VicFit Dance Your Way To Health Bridgewater Group	✓		

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	C.26 Develop and implement health promotion programs to improve the community members ability to manage chronic illness	IDHS	Inglewood Community Resource Centre Heart Foundation VicFit Dance Your Way To Health Bridgewater Group	✓	✓	✓
	C.27 Deliver the LIFE program in one community each year, then a follow up program	IDHS	Diabetes Australia Rural Women's On Farm Gathering	✓	✓	✓
	C.28 Deliver the "Better Health Self Management Program" (BHSMP) in Korong Vale and repeat in one community each year	IDHS	Diabetes Australia Rural Women's On Farm Gathering	✓	✓	✓
	C.29 Encourage the establishment of walking, dancing and activity groups/programs amongst community houses, neighbourhood houses, or primary schools	HH	Primary Schools CoGB PAC			✓
	C.30 Conduct older adults strength training programs to increase balance, reduce the risk of falls and encourage physical activity in Pyramid Hill	NDCHS		✓	✓	✓
	C.31 Conduct a population based Children's Week event to raise awareness of contemporary child related issues and increase knowledge and access to children's services for 0 – 12 years	BCHS	Bendigo Library CAMHS BDAC YMCA Schools Kindergartens CoGB Playgroups	✓		

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Develop capacity of the Health Promotion workforce to provide high quality support for consumer focus and carer inclusive physical activities and nutrition programs	C.32 Access Heart Foundation Walking Group Coordinator training to assist with implementing new walking groups at Bridgwater and Serpentine	IDHS	Inglewood Community Resource Centre Heart Foundation VicFit Dance Your Way To Health Bridgewater Group	✓	✓	
	C.33 Maintain the IDHS working party for Health Promotion Events	IDHS	Diabetes Australia Rural Women's On Farm Gathering	✓	✓	✓
	C.34 Implement two components of the Strength Training Development Plan	PCP Secretariat	BCHS BDH BH CVGPN IDHS HH Sports Focus LSC Bendigo TAFE CoGB YMCA Vision Australia NDCHS	✓	✓	✓

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	C.35 Maintain the Physical Activity Consortium and facilitate the development of an implementation plan for the promotion of physical activity and nutrition	PCP Secretariat	BCHS BDAC BDH BDH CoGB CVGPN IDHS LSC HH Sports Focus Vision Australia DPCD	✓	✓	
	C.36 Maintain the Physical Activity Network for the promotion of physical activity	PCP Secretariat	BCHS BDAC BH BDH CoGB CVGPN IDHS LSC HH Sports Focus Vision Australia DPCD			✓